

CLAIMS

I claim:

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1. An exercise apparatus for simulating ice skating movements in a user, the apparatus comprising,

a) a horizontal platform;

b) two defined curvature guide paths;

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c) two pedal assemblies moveably coupled to the guide paths;

and

d) a variable resistance mechanism.

2. An exercise apparatus of claim 1, wherein the apparatus further

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comprises a chest support.

3. An exercise apparatus of claim 1, wherein the apparatus further comprises a hand assembly.

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4. An exercise apparatus of claim 1 wherein the defined curvature guide paths are in a substantially symmetrical, horizontal and mirror-image arrangement to one another, each of which curves outwardly from their respective forwardmost ends and curves inwardly from their respective rearmost ends.

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5. An exercise apparatus of claim 1 wherein each pedal assembly comprises:

- a) a footpad;
- b) a pivot rod; and
- c) a block guide.

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6. A pedal assembly of claim 5, wherein the pivot rod allows inward rotation about a 90 degree axis.

10 7. An exercise apparatus of claim 1, wherein the variable resistance mechanism mounted within the horizontal platform comprises:

- a) a fly wheel tension gear;
- b) a series of pullys arranged along and under the defined curvature guide paths; and
- c) a tension bearing elastomeric strap.

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8. An exercise apparatus of claim 1, wherein the variable resistance mechanism can increase or decrease resistance.

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9. An exercise apparatus comprising two defined curvature guide paths that are in a substantially symmetrical, horizontal and mirror-image arrangement to one another, each of which curves outwardly from their respective forwardmost ends and curves inwardly from their respective rearmost ends.

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